

## Glossary:

M = Male

F = Female

BP = Blood Pressure (completed by medical staff)

HT = Height (completed by CFL)

WT = Weight (completed by CFL)

BMI = Body Mass Index (completed by medical, if needed)

NKDA = No Known Drug Allergies

PE = Physical Exam (completed by medical staff)

Birth Control: pt = patient

partner = sex partner

BCP = birth control pills;

Depo = depo provera injections

HYST = hysterectomy

IUD = Intra Uterine Device

VAS = vasectomy

Condom = identify if male or female condom

Natural BMR temp = Basal Metabolism Rate temperature

Rhythm = calendar method

ETOH = Alcoholic Beverage or ethanol alcohol

TSE = Testicular Self Exam

BSE = Breast Self Examination

LMP = Last Menstrual Period (Date)

PAP = Pap Smear

MAMMO = Mammogram

PARF-Q = Physical Activity Risk Factor Questionnaire

(Risk factor screening for the fitness testing cycle – available online through PRIMS (Physical Readiness Information Management System) at website

<https://prims.persnet.navy.mil/prims>

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